

# Robert Rock Senior Center



## November 2022

### Senior Center Services

Elder Resource Specialist  
Amanda Mattress

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday, Thursday and Friday 9AM-2PM

Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory

When: The first Wednesday of each month 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

Notary Public

Pat Thomas, Receptionist

M-F 9:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping

Thursday Mornings- Call 401-435-7800

The Senior Center will pick you up at your home and take you to

Stop and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Veteran Benefit Counseling

Every Monday at the Senior Center by Appointment.

Michael- 401-208-5484

610 Waterman Avenue  
East Providence, RI 02914

401.435.7800

Fax: 401.563-7024

[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)

### Staff

Laura Jones

Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

Shontell Gomes

Admin. Assistant

[sgomes@eastprovidenceri.gov](mailto:sgomes@eastprovidenceri.gov)

Shahnee Lagor

Healthy Aging Nurse Coordinator

[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

Amanda Mattress

Elder Resource Specialist

[amattress@eastprovidenceri.gov](mailto:amattress@eastprovidenceri.gov)

Cindy DeMedeiros

Dining Room 401-270-1814

[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

Pat Thomas & Rhonda Marzetta

Member Services Representatives

[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)

[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

Facilities

Kenny Atkinson

Edward Joseph

Transportation

Joe Serodio

Dennis Price

Chris Januario

Tom Taylor

### MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

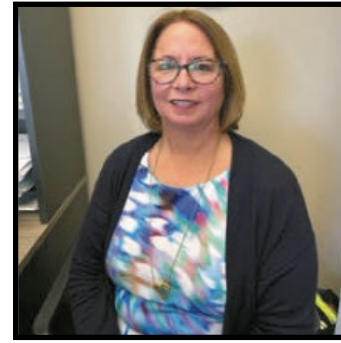


### Message from the Mayor:

It is November and I want to encourage all to come out and vote. The general election is on November 8th. Did you know you can vote early? In the 20 days leading up to Election Day, you can vote in person at City Hall. This is a great option if you are unable to vote at your usual polling place on Election Day, or if you have run out of time to request a mail ballot. Early voting in East Providence is scheduled from Oct. 19th- Nov. 7th at City Hall located at 145 Taunton Ave. Hours are Monday-Wednesday 8:00 am-4:00 pm, Thursday 8:00 am-6:00 pm, Friday 8:00 am-1:00 pm and Saturday from 9:00 am-1:00 pm. Please visit <https://vote.sos.ri.gov/> or <https://www.eastprovidenceri.gov> to find your polling place, to view a sample ballot and to get a list of acceptable photo IDs needed to vote. If you do not bring an acceptable photo ID to the polls, you may cast a provisional ballot. This means that your vote may be counted by your local board of canvassers after they verify your eligibility. If you do not have a valid photo ID, the Elections Division at the Rhode Island Department of State will issue one. Call 401-222-2340 or email [elections@sos.ri.gov](mailto:elections@sos.ri.gov) to learn more.

Sincerely,

**Mayor Bob DaSilva**



### Letter from the Director:

Fall is here, the leaves are changing colors and the weather is feeling crisp! Fall is a time of transition and that includes some changes here at the Robert Rock Senior Center. A decision has been made to close the Senior Center gift shop. Much consideration went into deciding to close. Donations and sales have been down. The majority of our sales are snacks and stamps which we will continue to sell. Stamps will be available for sale at the front desk and snacks will be sold at the coffee bar in our lobby. During the month of November, we will have a blowout going out of business sale including many holiday items. I want to thank all of our volunteers who have given their time to working in the gift shop over the years! The Senior Center depends on our wonderful volunteers to run our center and we still need you. I am hoping that many will continue to volunteer at the coffee bar selling our snacks or can transition to other volunteer opportunities at our center. I will be reaching out individually to our gift shop volunteers to personally thank each of them and to work with those who want to continue volunteering to make a plan.

Wishing everyone a happy Thanksgiving,

Best,

*Laura Jones, Director*

## Robert Rock East Providence Senior Center

### -Advisory Group-

Judy Phillips  
Jan Kinder  
Jim Phillips  
George Furtado  
Ann Fagundes  
Ken Goucher  
Elaine Robinson  
Donald Senna  
Dick Wood

### DAYS TO REMEMBER IN NOVEMBER:

November 8– Election Day (Senior Center Closed)  
November 11– Veteran's Day (Senior Center Closed)  
November 24– Thanksgiving (Senior Center Closed)  
November 25– Meal Program CLOSED, Senior Center OPEN

LAST DAY OF CHAIR EXERCISE WITH  
MARILYN FOR THE 2022 SEASON:

**MONDAY**  
**NOVEMBER 7**

## GIFT SHOP CLOSING DECEMBER 1, 2022

Beginning November 1, 2022, everything in the gift shop will be on sale for **50% off** the original marked price. Stop in today to see if there is something for you!

PLEASE NOTE: After December 1, 2022, we will be selling stamps and snacks at the coffee bar near the front desk.

*We would like to take the time to thank you for your patronage to our gift shop over the years.*

### BINGO INFORMATION:

#### EVERY TUESDAY

Doors Open at 1:00PM, Games start at 1:30PM  
Dabbers are sold at the Senior Center, and we also have BINGO items located in our gift shop to purchase!

### PULL TAB INFORMATION:

.50 ¢ per pull tab  
OPEN 1:00PM-1:25PM TUESDAYS  
All transactions **MUST** be completed by 1:25PM.



### NEW TO THE SENIOR CENTER:

#### **-CRAFT CLUB-**

**Beginning November 21, 2022**

**10:15AM**

**Craft being done : Thanksgiving Centerpieces**

*Do you enjoy making crafts? Do you enjoy meeting new people? If you answered YES, craft club is a great fit for you!*

Join us on Monday, November 21, 2022 10:15AM to participate and learn more! **Register at the front desk by 11/14/22.**

## Health Related Programs:



**DON'T DELAY,  
GET YOUR FLU SHOT TODAY!**



While each flu season differs in severity, during most seasons, people 65 years and older bear the greatest burden of disease. The burden from flu in 2020 was low due to COVID-19 protections—staying home, mask wearing, physical distancing, avoiding crowds, and less travel. However, the rate of seasonal flu-related deaths and hospitalizations remain high for older adults. This increased risk is due in part to declines in immune response with age.

**THURSDAY, NOVEMBER 10<sup>TH</sup> FROM 9:30-1:30.**

*Anyone interested in receiving their flu vaccine must register ahead of time by contacting the Healthy Aging Nurse Coordinator at 270-1792.*

Adults **65+** are at increased risk of flu-related complications

Pneumococcal  
Pneumonia  
kills more than

**18,000**

older adults in the US  
each year

Heart Attack risk  
is increased by

**3 to 5x**

in the first 2 weeks  
of infection

Stroke risk is  
increased by

**2 to 3x**

in the first 2 weeks  
of infection



High rates  
of related  
deaths and  
hospitalizations  
in adults 65+

**78%**

of all flu-related  
hospitalizations  
(more than 750,000 in US  
2014-2015 flu season alone)

**6x**

more deaths from flu and  
related complications  
compared to all other age  
groups combined



## LIVING WELL WITH DIABETES:

**WEDNESDAYS, NOVEMBER 9TH-DECEMBER 7TH —9:30 AM TO 11:45 AM**

Join us for a 4 week diabetes program to help support you in your diabetic journey.

Hear from a nurse, pharmacist, and nutritionist as we break it all down and share the latest information on diabetes care and management.

*Spaces are limited.*

**Call now to reserve a spot: 401-270-1792**





## Health Related Programs:

### CHANGES TO FRIDAY MEDITATION CLASSES!

*See below for meditation schedule in November 2022:*

Friday, November 4: John LaCross will guest host meditation.

Friday, November 11: No meditation, Senior Center closed for Veteran's Day.

Friday, November 18: Meditation cancelled.

Friday, November 25: Meditation cancelled.



### DO YOU SUFFER FROM CHRONIC PAIN?

Managing chronic pain can be a real challenge. It is one of the most common conditions experienced by older adults. Whether you suffer from arthritis, degenerative disc disease, or neuropathy- chronic pain can often lead to falls, insomnia, depression and even death. Let us help connect you with trained professionals who can offer tips and helpful resources to help manage your pain and get you living again! Join our 6 week Chronic Pain Self-Management class every Monday from 9:30am-11:30. Classes run from 10/24-12/5.

*Please call the Healthy Aging Nurse Coordinator to register, 270-1792.*

### THE FOOT DOCTOR IS BACK!

Dr. Dave Ruggiero is making health care easy and convenient by coming to you at the Robert Rock Senior Center. **Take advantage of this quick and easy service by calling the Healthy Aging Nurse Coordinator at 270-1792 to register for your appointment.**



**Friday, November 18<sup>th</sup> 1:00pm-3:30pm**



### A MATTER OF BALANCE

*Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is for you!*

**Matter of balance is designed for people aged 60/+ to reduce the fear of falling and increase activity levels. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength balance.**

**DON'T MISS OUT ON THIS NO FEE WORKSHOP OPPORTUNITY!**

**Beginning November 16, 2022. 9:15AM-11:15AM-8 class series**

**To Register, call 401-435-7876 x1137. Registration is required.**





## RHODE ISLAND WORLD DIABETES DAY

### DIABETES IN RI

- In 2018, 10.9% of RI adults reported a diagnosis of diabetes; that's 1 in 10 adults not including people who are undiagnosed.
- Even after adjusting for age, diabetes in RI has more than doubled in the past generation (4.6% in 1995 compared to 9.7% in 2018).
- According to the CDC, 1 in 3 Americans have prediabetes but only 10% have been diagnosed. This means that about 294,000 Rhode Islanders have prediabetes, and most don't know it.
- Poverty and low income are associated with a variety of poor health outcomes. Rhode Islanders whose income is less than 200% of the federal poverty level have higher rates of diabetes (11.4%) compared to those whose income is greater than 400% of the federal poverty level (5.9%).
- Diabetes is expensive for all patients, no matter their insurance status. RI adults with diabetes report frequent financial strain. In fact, 44.5% of RI adults with diabetes worried about affording nutritious meals in the past year. The COVID-19 pandemic is likely causing more of a financial strain on RI's underserved residents.
- Black and Hispanic/Latinx adults report being diagnosed with diabetes at younger ages, meaning they are trying to care for their diabetes for more of their lives.
- Serious medical complications can result from diabetes, including heart disease, stroke, lower limb amputations, kidney disease, and blindness.

Data source:

1995-2018 RI Behavioral Risk  
Factor Surveillance System

## 2022 RHODE ISLAND WORLD DIABETES DAY

**Monday, November 14, 2022**

### MISSION

To positively impact the growing diabetes epidemic in the state by building a coalition of community members who work toward reducing the burden of prediabetes and diabetes in Rhode Island.

### HISTORY

Rhode Island World Diabetes Day (RIWDD) was launched through the Rhode Island Department of Health (RIDOH) in November 2012 to raise awareness about diabetes and its impact on the residents of Rhode Island. This event highlights the strong collaboration between the many community organizations, government officials, health partners, and community members who are committed to decreasing diabetes in Rhode Island.

Thanks, in part, to the generous support of our sponsors, the event has grown significantly each year. Due to its growing success, the RIWDD Board of Directors has been able to donate proceeds from the event to several charitable health organizations throughout the state. This year the RIWDD Board of Directors will donate proceeds to a non-profit organization that has demonstrated dedication to the promotion of health and wellness for people living with diabetes and/or the provision of quality medical care to uninsured, underinsured, or homeless individuals to treat and prevent diabetes and its complications.

### 2022 RHODE ISLAND WORLD DIABETES DAY WILL LIVE! RIWDD.ORG

The RIWDD Planning Committee has planned a morning of interesting, dynamic presentations for Monday, November 14, 2022, at the Crowne Plaza Hotel in Warwick, RI.





## LEN WALKER, SENIOR MEDICARE BROKER NOW AVAILABLE AT THE SENIOR CENTER

Len Walker, Senior Agent from Healthcare Solutions is available to meet with Seniors at the Robert Rock Senior Center on Mondays from 1:00PM-4:00PM by appointment during open enrollment (Oct. 15, 2022- Dec. 7, 2022- taking effect Jan. 1, 2023).

Len can assist with new to Medicare enrollees or to review your current Medicare plan to see which 2023 plan will best meet your needs.



Healthcare  
Solutions Team®  
*A Plan for Everyone®*



RHODE ISLAND  
FOUNDATION

## Bring your ideas to the table at Together RI

Join us for a free meal and friendly conversation to work towards our shared goal: prosperity for all Rhode Islanders.

Tuesday, November 15 from 6:00PM – 7:30PM  
East Providence Senior Center  
610 Waterman Ave.  
East Providence, RI 02914

Capacity is limited!  
Visit [rifoundation.org/togetherri](https://rifoundation.org/togetherri) to register today.  
Spanish-interpreted event



## BOOK CLUB IS BACK!






Pick up your book at the front desk today if you are interested in participating in the book club!

First book club meeting is:  
**Wednesday, November 30, 2022**  
**10AM-11AM.**

Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives, they return to the well-worn story of what they've lost with humor and rage.

# Robert Rock Senior Center Activities

**NOVEMBER 2022**

Mon	Tue	Wed	Thu	Fri
<p><i>Nurse on Vacation 10/31-11/4. Will return to the office 11/9.</i></p>	<p><b>1</b></p> <p>8A: Nutritionist 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1P: Len Walker Medicare Agent 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>2</b></p> <p>8A: Nutritionist 8A: SHIP Counseling 8:30A: Eastside Clinical Lab 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>3</b></p> <p>9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>4</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack</p>
<p><b>7</b></p> <p>9:30A: Chronic Pain Self Management 11A: Chair Yoga with Marilyn</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>8 Election Day</b> <u>Senior Center Closed</u></p>  <p><u>No Meal Program</u></p>	<p><b>9</b></p> <p>8A: Nutritionist 8A: SHIP Counseling <b>9:30A: Diabetes Program</b> 10:30A: Age Well, Get Connected 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>10</b></p> <p>9A: Nurse Hours 9:30A: FLU CLINIC! 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>11 Veteran's Day</b> <u>Senior Center Closed</u></p>  <p><u>No Meal Program</u></p>
<p><b>14</b></p> <p>9:30A: Chronic Pain Self Management</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>15</b></p> <p>8A: Nutritionist 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga <b>11A: Seniors Rule Presentation</b> 1P: Len Walker- Agent 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>16</b></p> <p>8A: Nutritionist 8A: SHIP Counseling 9:15A: Matter of Balance <b>9:30A: Diabetes Program</b> 10:45A: PACE Chair Exercise 12P: AARP Board Meeting 1P: Cribbage</p>	<p><b>17</b></p> <p>9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: Tai Ji Balance 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>18</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 1P: Podiatrist is in 1:30P: Hi Lo Jack</p>
<p><b>21</b></p> <p>9:30A: Chronic Pain Self Management 10:15A: Craft Club</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>22</b></p> <p>8A: Nutritionist 9:15A: Matter of Balance 9A: Nurse Hours 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga 1P: Len Walker 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>23</b></p> <p>8A: Nutritionist 8A: SHIP Counseling 9:15A: Matter of Balance 10:45A: PACE Chair Exercise 1P: Cribbage 1P: RSVP Advisory Meeting</p>	<p><b>24</b></p> <p><b>Thanksgiving</b> <u>Senior Center Closed</u></p>  <p><u>No Meal Program</u></p>	<p><b>25</b></p> <p>8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:45A: PACE Chair 1:30P: Hi Lo Jack</p> <p><b>*NO LUNCH PROGRAM TODAY!!!*</b></p>
<p><b>28</b></p> <p>9:30A: Chronic Pain Self Management</p> <p><i>Veteran Benefit Counseling by appointment only*</i></p>	<p><b>29</b></p> <p>8A: Nutritionist 9A: Nurse Hours 9:15A: Matter of Balance 9:30A: Tai Ji Balance 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>30</b></p> <p>8A: Nutritionist 8A: SHIP Counseling 9:15A: Matter of Balance 9:30A: Diabetes Program 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>Red Bolded activities count towards REWARDS CARDS!</b></p> <p><i>If you are interested in our rewards program, please visit the Resource Center.</i></p>	



## Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

## Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you.

## SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

## Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

## Chair Yoga with Cyn

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

## Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM.

## PACE Chair Exercise with Muriel

When you do chair exercises, you reduce the risk of falls. The movements in PACE Chair Exercise are low impact that increase blood flow and strengthen your muscles. Free class.

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 transportation fee. Registration is required.

\*Only offered to East Providence residents\*

## Knit & Crochet

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

## Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

## 20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30A-10:30A \$2.00 per class.

## Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

## Chair Exercise with Marilyn

Simple yoga breathing practices and yoga movements for strength, stability, and mobility. Done while sitting in a chair. Guided meditation to follow Certified yoga instructor. Class held on Monday's 11AM.

## Cribbage, Bridge, Scrabble, Moh Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!

555 Pawtucket Ave., East Providence, RI 02914

434-3885

**Perry/McStay**  
FUNERAL HOME

JAMES P. MCSTAY

PAUL J. MARTIN

CHRISTOPHER E. SYLVESTER

PETER PIMENTEL



An Aldersbridge  
Community  
Skilled Nursing, Therapy Services  
& Long-Term Care  
30 Alexander Avenue | 401-438-7210



An Aldersbridge  
Community  
Assisted Living &  
Independent Living  
40 Irving Avenue | 401-438-4456

[www.Aldersbridge.com](http://www.Aldersbridge.com)

Expert care with comfort and heart



PAWTUCKET FALLS  
HEALTHCARE CENTER

70 Gill Ave  
Pawtucket RI 02861  
**Ph: 401 722 7900**  
**Fax 401 723 9670**  
[www.pawtucketfalls.com](http://www.pawtucketfalls.com)

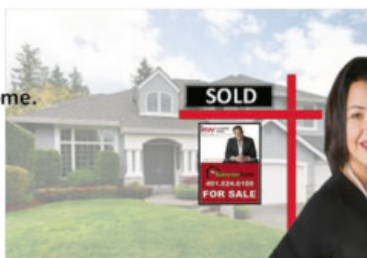
We are a member of CCH Healthcare



KELLERWILLIAMS.



When you're  
ready to buy  
or sell your home.  
Call us First!  
You'll be glad  
you did!



401.824.6100

**Brian  
&  
Alessa**

Brian@MyGreeneTeam.com  
MyGreeneTeam.com  
License #0041590



**GRACE BARKER®  
HEALTH**

Family owned & operated since 1966

*The Cove*

SHORT-TERM REHABILITATION  
LONG-TERM CARE

*The Willows*

ASSISTED LIVING  
ADULT DAY HEALTH

54 Barker Avenue, Warren RI • [GraceBarkerHealth.com](http://GraceBarkerHealth.com) • 401-245-9100

**FOR ALL YOUR HEARING NEEDS!**



Call For An  
Appointment Today  
**401-431-5100**

*Conveniently Located*



999 S Broadway, 3rd floor | [www.GatewayHearing.com](http://www.GatewayHearing.com)

Lisa Janicki, MS

**LEN WALKER**

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

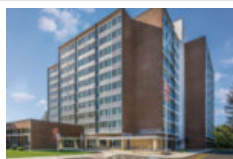
Cell: 774-210-2060

Fax: 508-557-1824

[lwalker@myhst.com](mailto:lwalker@myhst.com)

<https://myhst.com/agent/Leonard-Walker/>

**Medicare Solutions**



Newly Renovated / Smoke Free

**charlesplace**  
APARTMENT HOMES



Studio & 1 Bedroom Apartments  
Elderly and Disabled Apartment Community



CONTROLLED ACCESS BUILDING W/ SECURITY • EMERGENCY MAINTENANCE AVAILABLE • LAUNDRY  
LIBRARY • MEDIA CENTER • FREE PARKING • FITNESS CENTER • STORAGE AVAILABLE & MORE!

Visit our Website for more information! | [www.charlesplaceapts.com](http://www.charlesplaceapts.com)

460 Charles St., Providence, RI 02904 / 401-274-1213

**BAZAR & ASSOCIATES**  
ATTORNEYS AT LAW

Your Neighborhood Law Firm

**David N. Bazar, Esquire**

*Taking care of all your legal needs • Call today for a free consultation!*

197 Taunton Avenue, East Providence, Rhode Island 02914

P 401.437.4450 F 401.438.1630 E [dbazar@BazarLaw.com](mailto:dbazar@BazarLaw.com)

[BazarLaw.com](http://BazarLaw.com)

**It's Time to Review Your  
Medicare Plan for 2023**

Let us shop your Medicare  
options for you!

- ✓ Medical
- ✓ Vision
- ✓ OTC
- ✓ Dental
- ✓ Hearing Aids
- ✓ Gym Membership



**Plans Starting at \$0 Premium**

Meet in-person, by phone or online

Call today (401) 210-2727 | Falo Português / Hablo Español

Or visit our office at 75 Newman Avenue, Suite L1, East Providence, RI 02916

Representatives are Member Agents of WeCanHelpYou.Org

A 501(c)(3) non-profit organization

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) East Providence Senior Center, East Providence, RI 04-0741



# TECHNOLOGY ASSISTANCE



## Computer/Tablet Assistance



### AGE WELL, GET CONNECTED

Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action.

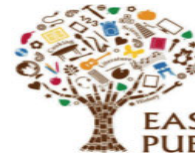
Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

**November 9, 2022 10:30AM**



*Additional technological assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment (401) 434-2453.*



EAST PROVIDENCE  
PUBLIC LIBRARY

### WEEKLY TABLET/COMPUTER ASSISTANCE AT THE SENIOR CENTER!

Beginning in September, Amanda will be available on Monday's from 10AM-11AM to answer any questions you may have about your computer or tablet. Learn some new tips and tricks! No appointment needed, just stop by the Resource Center or call to learn more!

Amanda: 401-270-1788

### YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!

If you would like to sign out a Chromebook, please see Amanda in the Resource Center.

Chromebooks must be returned to the Resource Center by the end of the day.



## Smartphone Assistance



**Drop by the Robert Rock East Providence Senior Center on**

***TUESDAYS FROM 10AM-11AM***

**Learn some tips and tricks with your Smart Phone!**

*No registration required*

**Sorry I didn't pick up my phone,  
I got carried away dancing  
to the ringtone.**



# COMMUNITY EVENTS:

*Save the Date*  
**CITY OF  
EAST PROVIDENCE  
VETERANS  
DAY CEREMONY**



**NOVEMBER 11, 2022  
11:00 AM  
VETERANS MEMORIAL PARK AT  
SQUANTUM WOODS**



**MAYOR BOB DASILVA**

A festive poster for the East Providence Tree Lighting Celebration. It features a large, decorated Christmas tree in the center, surrounded by snowflakes and two lit candles. A large red ornament on the right contains a list of activities. The background is a light blue sky with strings of warm white lights. The City of East Providence seal and Mayor Bob DaSilva's name are in the top left corner.

**Fun for the whole family!**

- Tree lighting
- Holiday Performances
- Artisans
- Hot Chocolate
- Food trucks
- Christmas Caroling
- Santa Claus
- And MORE!

**East Providence  
Tree Lighting Celebration**

**November 26th, 2022  
3~6pm  
East Providence City Hall Plaza**  
\*Rain Date November 27th



# COMMUNITY RESOURCES:

## VETERAN BENEFITS COUNSELING

*Available every Monday at the Robert Rock  
East Providence Senior Center.*

**Call Michael for an appointment today to see  
if you are getting the maximum benefits you  
deserve as a Veteran!**

**Michael Rhilinger- (401) 208-5484**

**Michaelrhilinger@veteransinc.org**



WINGATE RESIDENCES  
ON BLACKSTONE BOULEVARD  
THE TERRACE | THE NEIGHBORHOOD  
EARLY STAGE MEMORY CARE PROGRAM | MEMORY CARE AT WINGATE



## WORKSHOP FOR CAREGIVERS

*Share, Support, and Learn as You Care for a  
Loved One with Memory Loss*

*Light refreshments will be provided. Workshop will begin at 2pm  
at the East Providence Senior Center.*

**November 16th:** Emotional and Psychological Barriers with Dementia

**December 21st:** Make The Most of Your Visits

For more information kindly reach out  
to Darby Noonan at **401-273-6565** or  
**dnoonan@wingatehealthcare.com**

**Presentation Address:**  
**East Providence Senior Center**  
**610 Waterman Ave, East**  
**Providence, RI 02914**

353 Blackstone Boulevard, Providence RI, 02906 | ResidencesOnBlackstone.com

**DO YOU LIKE WHAT YOU SEE?  
ARE YOU INTERESTED IN BECOMING A  
MEMBER OF THE SENIOR CENTER?**

Give us a call at 401-435-7800 to schedule a  
tour today!

**MEMBERSHIP FEES:**

**GENERAL MEMBERSHIP:**

Residents of East Providence: \$15.00/year

Non-residents: \$20.00/year

**GENERAL MEMBERSHIP INCLUDING  
FITNESS CENTER:**

Residents of East Providence: \$55.00/year

Non-residents: \$65.00/year

\*\* New membership forms can be picked up  
at the front desk!\*\*

**Mark your Calendars**

**East Side Clinical Lab**

The East Side Clinical Laboratory visits the Robert  
Rock Senior Center on the first Wednesday of the  
month. All you need to bring is your lab slip and East  
Side Clinical Lab will take your bloodwork right at the  
Senior Center!

**WEDNESDAY NOVEMBER 2, 2022 8:30AM-11AM**

**SENIORS RULE PRESENTATION  
NOVEMBER 15, 2022 11AM**

Come learn about the great services Senior's Rule  
provides!

*Senior's Rule is a non-profit group of Female  
Professionals who work together to help the Senior  
Community in Rhode Island. We represent many  
different professions... Audiology, Law, Real Estate,  
Insurance, Home Care...AND MORE!*

**HAPPY THANKSGIVING!**

APPLE PIE  
BEANS  
BREAD  
CORN  
CRANBERRY SAUCE  
GRAVY  
HAM  
MASHED POTATOES  
MILK  
PUMPKIN PIE  
ROLLS  
SQUASH  
STUFFING  
SWEET POTATOES  
TURKEY



N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
A	B	E	A	N	S	I	L	S	O	R	Q	G	S	K
O	G	K	E	I	P	E	L	P	P	A	P	A	E	R
N	R	O	C	M	L	W	U	Q	D	N	G	O	O	U
U	E	J	L	X	E	S	M	S	Y	B	Z	O	T	T
Z	P	U	M	P	K	I	N	P	I	E	V	N	A	Z
H	B	O	J	I	L	C	F	A	G	R	Y	F	T	V
N	E	M	Y	K	U	S	L	L	O	R	Q	K	O	X
K	S	A	B	Y	Q	T	Z	H	W	Y	P	S	P	K
T	G	H	S	A	U	Q	S	O	R	S	J	L	T	A
G	M	A	S	H	E	D	P	O	T	A	T	O	E	S
Z	D	L	U	C	W	F	Z	L	M	U	K	S	E	K
C	A	K	C	G	T	H	T	T	I	C	R	N	W	B
G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T



# Heart Healthy Stuffing

Prep time: 15 minutes

Cook time: 20-25 minutes

## Ingredients

Non-stick cooking spray  
2 tablespoons olive oil  
1 cup chopped celery  
1 cup chopped carrots  
½ cup chopped onions  
1 apple, chopped  
1 14-ounce bag herb stuffing  
1 teaspoon dried sage  
¼ teaspoon black pepper  
2½ cups low-sodium chicken broth

## Directions

- 1) Preheat oven to 375F. Spray a 9x13-inch pan with non-stick cooking spray.
- 2) In a large pan, heat the oil over medium heat. Add celery, carrots, onion and apple and cook until onions are clear.
- 3) In a large mixing bowl, mix herb stuffing, cooked vegetables, sage, and black pepper.
- 4) Add the chicken broth slowly, tossing until moist throughout.
- 5) Place stuffing in prepared baking dish.
- 6) Bake until lightly browned, about 20-25 minutes.



*This recipe is heart healthy because it includes vegetables, low-sodium ingredients, and healthy fats. Try it at holiday dinners for a healthier option!*



**Mateus Realty**

Bringing you home since 1975

582 Warren Avenue • East Providence, RI 02914

**LUIS A. MATEUS**

Eu Falo Portugues

Off: 401-434-8399

Cell: 401-368-2403

Fax: 401-435-3401

sales@mateusrealty.net

mateusrealty@gmail.com

www.mateusrealty.net



**Health Care Equipment and Incontinence Supplies**

**independence**

HomeHealthWares®  
401.273.8888

Visit our warehouse showroom at  
Exit 6, Rte. 195  
35 Agnes Street, East Providence, RI



**HEALY PHYSICAL THERAPY**  
& SPORTS MEDICINE, INC.

KEEPING YOU IN THE GAME OF LIFE

MOST INSURANCES ARE ACCEPTED

EAST PROVIDENCE (401) 438-0905

927B Warren Ave. • E. Providence

CUMBERLAND (401) 305-3858

2295 Diamond Hill Rd. • Cumberland

EAST GREENWICH (401) 471-7510

2639 South County Trail • E. Greenwich

WARWICK (401) 921-0160

2080 Warwick Ave. • Warwick

www.healyphysicaltherapy.com

**Michelle Cartwright**

Real Estate Broker  
Seniors Real Estate Specialist



• Seniors Home Transitions  
• Downsizing, one level homes  
• Florida, Carolinas, & Snow Relocation

For your real estate needs, call me today!

(401) 663-5677

michellecartwright.com

michellecartwright@riversedge.com



**OAK STREET HEALTH**

**Doctors for Adults on Medicare**

**The Oak Street Health Difference**

**OPEN HOUSE EVERY THURSDAY 12 PM-1 PM**



Choice of in-person  
phone or video visits



Help navigating  
Medicare benefits



24/7 support line for  
around-the-clock care



Preventative care plans to  
meet your health goals



Rides to and from  
center appointments



Connections to trusted  
insurance agents.

**Call today for more information | 401-488-7145**






## \$3.00 Suggested Donation

Please call our dining room at  
401-270-1814 to place your  
lunch order 24 hours in  
advance.

# November 2022

Lunch is served at 12:00 pm

Menu Items are subject to change due to  
being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i></p>	<p><b>1</b> Turkey V Vegetable Soup American Chop Suey Wheat Elbow Pasta Broccoli Spears Fresh Fruit Wheat Bread <i>(Sliced Chicken &amp; Cheese on Wheat)</i></p>	<p><b>2</b> Beef Noodle Soup Roasted Airline Chicken Oven Roasted Potatoes Buttered Carrots Coffee Cake Multi Grain Bread <i>(Tuna on Multi Grain)</i></p>	<p><b>3</b> Broccoli &amp; Cheese Soup Beef Wellington w/Ketchup Garlic Spinach Cookie Rye Bread <i>(Pastrami &amp; Swiss on Rye)</i></p>	<p><b>4</b> Shrimp &amp; Corn Bisque Florentine Fish Mashed Potatoes Baby Whole Carrots <b>Sliced Peaches</b> Oatmeal Bread <i>(Roast Beef &amp; Cheese on Oatmeal)</i></p>
<p><b>7</b> Onion Soup Swedish Meatballs Buttered Noodles Green Beans Cookies Mistle Bread <i>(Turkey Sliced on Mistle)</i></p>	<p><b>8</b> Election Day Senior Center Closed</p> 	<p><b>9</b> Lentil Soup Roast Pork Loins w/Applesauce Mashed Sweet Potatoes Mixed V vegetables Fresh Fruit Rye Bread <i>(Italian Grinder)</i></p>	<p><b>10</b> Veteran's Lunch Beef V vegetable Soup Chicken Cordon Bleu w/Gravy Rice Pilaf Florentine Blend V vegetables Spinoni Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p><b>11</b> Veteran's Day Senior Center Closed</p> 
<p><b>14</b> Chicken Soup French Meat Pie Seasoned Spinach <b>Fresh Fruit</b> 1/2 Grain Bread <i>(Bologna &amp; Cheese on Multi Grain)</i></p>	<p><b>15</b> Escarole &amp; Bean Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Tips Diced Peas Multi Grain Bread <i>(Tuna on Multi Grain)</i></p>	<p><b>16</b> 100% OJ Cheese Omelet 2-Fruit Filled Pancakes w/Syrup Baked Tomato Half Greek Yogurt <i>(Turkey &amp; Cheese on a Roll)</i></p>	<p><b>17</b> HAPPY BIRTHDAY Kale &amp; Bean Soup Stuffed Peppers w/Sauce Seasoned Whole Wheat Ziti Winter Blend Vegetables <b>Sliced Peaches</b> Rye Bread <i>(Pastrami &amp; Swiss on Rye)</i></p>	<p><b>18</b> Thanksgiving Lunch Italian Wedding Soup Roast Turkey w/Gravy Cranberry Sauce Pumpkin Pudding Dinner Roll <i>(Seafood Salad on a Roll)</i></p>
<p><b>21</b> Beef Barley Soup Tuna Salad Tortellini Salad Beet &amp; Onion Salad <b>Fruit Cocktail</b> Pumpkin Seed Bread <i>(Turkey &amp; Swiss on Pumpkin Seed)</i></p>	<p><b>22</b> Vegetable Soup Chicken Cacciatore Seasoned Whole Wheat Pasta Broccoli Fresh Fruit Wheat Bread <i>(Salami &amp; Provolone on Wheat)</i></p>	<p><b>23</b> Minestrone Soup Pot Roast w/Gravy Mashed Potatoes Mixed V vegetables Tapioca Pudding Mistle Bread <i>(Italian Tuna on Mistle)</i></p>	<p><b>24</b></p> 	<p><b>25</b></p> <p><b>No Meal Program Today</b> <b>Dining Room Closed</b></p>
<p><b>28</b> Tomato &amp; Brown Rice Soup Shepherd's Pie Roasted Brussel Sprouts Sliced Peaches Multi Grain Bread <i>(Chicken Salad on Multi Grain)</i></p>	<p><b>29</b> Egg Drop Soup Seafood Chow Mein Cranberry Noodles Asian Blend V vegetables Angel Food Cake Wheat Dinner Roll <i>(Egg Salad on Wheat)</i></p>	<p><b>30</b> Red Chowder Stuffed Sole Red Bliss Mashed Potatoes Seasoned Zucchini Fresh Fruit Oatmeal Bread <i>(Ham Salad on Oatmeal)</i></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	